

# **Questions and Answers on Connecticut Statutes for School Foods and Beverages**



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## 1 — Overview

This document provides the answers to commonly asked questions regarding the requirements and implementation of the Connecticut General Statutes (C.G.S.) regarding foods and beverages in schools. Most questions regarding the state statutes can be answered by reviewing this document. For more information, visit the Connecticut State Department of Education's (CSDE) [School Foods and Beverages](#) Web page or contact the [school nutrition programs](#) staff in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education.

The C.G.S. regarding foods and beverages in schools include:

- Section 10-215a. *Nonpublic school and nonprofit agency participation in feeding programs.*  
<http://cga.ct.gov/2011/pub/chap169.htm#Sec10-215a.htm>
- Section 10-215b. *Duties of State Board of Education re feeding programs.*  
<http://cga.ct.gov/2011/pub/chap169.htm#Sec10-215b.htm>
- Section 10-215e. *Nutrition standards for food that is not part of lunch or breakfast program.*  
<http://cga.ct.gov/2011/pub/chap169.htm#Sec10-215e.htm>
- Section 10-215f. *Certification that food meets nutrition standards.*  
<http://www.cga.ct.gov/2011/pub/chap169.htm#Sec10-215f.htm>
- Section 10-221p. *Boards to make available for purchase nutritious and low-fat foods.*  
<http://www.cga.ct.gov/2011/pub/chap170.htm#Sec10-221p.htm>
- Section 10-221q. *Sale of beverages.*  
<http://cga.ct.gov/2011/pub/chap170.htm#Sec10-221q.htm>

Implementation of these statutes was effective July 1, 2006.

In addition to the C.G.S., other federal and state regulations govern the sale of competitive foods and beverages at school. "Competitive foods" are any foods and beverages sold to students anytime on school premises other than meals served through the U.S. Department of Agriculture (USDA) school meal programs. They include all foods and beverages available outside of school meals such as cafeteria a la carte sales, vending machines, school stores and fundraisers.

Effective July 1, 2014, public schools, private schools and residential child care institutions (RCCIs) participating in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must comply with the federal requirements for competitive foods under the USDA interim final rule, *National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School* (Federal Register, Vol. 78, No. 125, June 28, 2013). For information on the USDA requirements for competitive foods, see the CSDE's handout, *Summary of the USDA Nutrition Standards for Competitive Foods*.

Schools must also comply with those state requirements that are stricter than the interim final rule. For more information, see the CSDE's handout, *Competitive Foods in Schools*. For information on the differences between the USDA and Connecticut requirements, see the CSDE's handout, *Comparison Chart of USDA Competitive Foods Standards and Connecticut Nutrition Standards*.

Table 1 summarizes the federal and state requirements for competitive foods in public schools, private schools and RCCIs, based on whether they participate in the USDA school nutrition programs. Two Connecticut statutes ([Section 10-221q](#) and [Section 10-221p](#)) apply to all public schools even if they do not participate in the USDA school nutrition programs. The state competitive foods regulation applies to all schools and institutions that participate in the USDA school nutrition programs.

Table 1. Federal and State Requirements for Competitive Foods						
Regulation	Participating in USDA School Nutrition Programs			NOT Participating in USDA School Nutrition Programs		
	Public	Private	RCCIs	Public	Private	RCCIs
USDA Interim final rule, <i>National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School</i> (Federal Register, Vol. 78, No. 125, June 28, 2013)	✓*	✓	✓			
<a href="#">Section 10-215e</a> of the Connecticut General Statutes (Connecticut Nutrition Standards)	✓**					
<a href="#">Section 10-215f</a> of the Connecticut General Statutes (Healthy Food Certification)	✓					
<a href="#">Section 10-221q</a> of the Connecticut General Statutes (Beverage Requirements)	✓			✓		
<a href="#">Section 10-221p</a> of the Connecticut General Statutes (Healthy Food Choices)	✓			✓		
Section 10-215b-1 of the Regulations of Connecticut State Agencies (Extra Food Items)	✓	✓	✓			
Section 10-215b-23 of the Regulations of Connecticut State Agencies (Accrual of Income)	✓	✓	✓			
<p>* Public schools that opt to implement healthy food certification under C.G.S. Section 10-215f must follow the Connecticut Nutrition Standards instead of the food standards in the USDA interim final rule.</p> <p>** Applies only to public schools that opt to implement healthy food certification under C.G.S. Section 10-215f.</p>						

## 2 — Beverages (C.G.S. Section 10-221q)

**Compliance with this statute is required for all public schools regardless of whether the district participates in the USDA school nutrition programs or implements HFC under C.G.S. Section 10-215f .**

### REQUIREMENTS FOR BEVERAGES

#### 1. What are the requirements of C.G.S. Section 10-221q regarding beverages?

C.G.S. Section 10-221q applies to all public schools, regardless of whether they have chosen to implement healthy food certification (HFC) under C.G.S. Section 10-215f and regardless of whether they participate in the USDA school nutrition programs (National School Lunch Program, School Breakfast Program, Afterschool Snack Program and Special Milk Program). This statute specifies that only five categories of beverages can be sold to students in public schools, including the regional educational service centers, the Connecticut Technical High School System, charter schools, interdistrict magnet schools and endowed academies.

In addition, the USDA interim final rule, *National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School* (Federal Register, Vol. 78, No. 125, June 28, 2013), takes effect on July 1, 2014. Until the state beverage statute can be aligned with the federal requirements under the interim final rule, the current beverage requirements in C.G.S. Section 10-221q apply. When federal and state requirements differ, schools must follow whichever requirements are stricter. The beverage requirements below include the stricter provisions of the current state beverage requirements of C.G.S. Section 10-221q; and the new federal standards under the USDA interim final rule. For more information, see the Connecticut State Department of Education's (CSDE) handout, *Summary of the USDA Nutrition Standards for Competitive Foods*. The five allowable categories are:

1. **Milk, low-fat (1%) unflavored and nonfat flavored or unflavored**, with no more than 4 grams of sugar per fluid ounce and no artificial sweeteners.
2. **Nondairy milks such as soy or rice milk (flavored or unflavored)** that meet the U.S. Department of Agriculture (USDA) standards for nutritionally equivalent milk alternatives but contain no artificial sweeteners, no more than 4 grams of sugar per fluid ounce, no more than 35 percent of calories from fat and no more than 10 percent of calories from saturated fat.
3. **100 percent fruit juice, vegetable juice or combination of such juices**, containing no added sugars, sweeteners (including nonnutritive sweeteners) or artificial sweeteners
4. **Beverages that contain only water and fruit or vegetable juice** and have no added sugars, sweeteners (including nonnutritive sweeteners) or artificial. These beverages must also meet the requirements specified in the CSDE's handout, *Requirements for Beverages Containing Water and Juice*.
5. **Water (plain or carbonated)**, which may be flavored but contains no added sugars, sweeteners (including nonnutritive sweeteners), artificial sweeteners or caffeine

Portion sizes of allowable beverages are limited to no more than 8 fluid ounces for elementary schools and 12 fluid ounces for middle and high schools, with the exception of water, which is unlimited.

C.G.S. Section 10-221q applies to all sources of beverage sales, including school cafeterias, school stores, vending machines, fundraising activities on school premises and any other sources of beverage sales to students. Examples of other sources include culinary arts programs, family and consumer sciences classes, recipient schools under interschool agreements (see Q-42), Seamless Summer Food Programs and Summer

Food Service Programs operated by board of education, Afterschool Snack Program, summer school programs (e.g., enrichment or exploratory) operated by board of education (see Q-15 and Q-82) and adult education programs operated by board of education (see Q-5, Q-65 and Q-66).

**2. What is the relationship between the beverage statute and the existing state competitive food regulation (sections 10-215b-1 and 10-215b-23)?**

Connecticut's competitive food regulations apply to schools (public can private) and residential child care institutions (RCCIs) that participate in the federally funded USDA school nutrition programs (National School Lunch Program, School Breakfast Program, Afterschool Snack Program and Special Milk Program). Section 10-215b-1 of the Regulations of Connecticut State Agencies prohibits schools from selling or dispensing tea, coffee, soft drinks and candy (including breath mints and sugarless candy) to students anywhere on school premises from 30 minutes before the start of any state or federally subsidized milk or meal program until 30 minutes after the end of the program. However, effective July 1, 2006, C.G.S. Section 10-221q completely eliminates the sale of tea, coffee and soft drinks to students in all public schools, therefore it supersedes the time frame previously allowed by Section 10-215b-1. In addition, Section 10-215b-23 specifies that the income from the sale of any foods and beverages sold or distributed anywhere on school premises during this same time frame must accrue to the food service account. For more information, see the CSDE's handout, *Competitive Foods in Schools*.

**3. The district operates a fee-based sports program or after-school activity that includes a beverage. Students must pay a fee to participate in the program and the fee includes the cost of providing the beverage. Do the beverages have to comply with C.G.S. Section 10-221q?**

Yes. Since the cost of providing the beverages to the students is included in the fee for the program, the beverages are being sold to students.

**4. Can schools continue to operate a soda machine in the teachers' lounge?**

Yes. The statute applies only to the sale of beverages to students. Schools can sell any beverages that are not allowed by C.G.S. Section 10-221q (such as soda, sports drinks, coffee and tea) to teachers and other school staff members as long as they are not accessible to students, e.g., a soda machine in teachers' lounge or coffee sold only to adults in the cafeteria. However, the CSDE encourages districts to consider this issue in relation to the promotion of staff wellness practices and the district's school wellness policy (see Q-32).

**NOTE:** C.G.S. Section 10-221q **does** apply to the sale of beverages in adult education programs under the jurisdiction of the board of education (see Q-5).

**5. An adult education program is operated under the jurisdiction of the board of education but is not located on school grounds. Can the adult education program operate a vending machine that dispenses soda or any other beverages that do not meet the requirements of C.G.S. Section 10-221q?**

No. The statute does not define students as being of a particular age, nor does it distinguish between regular and adult education programs. Therefore, any beverages sold in an adult education program under the local or regional board of education's jurisdiction must comply with C.G.S. Section 10-221q.

The statute applies only to the sale of beverages that are under the control of the adult education program. If the school district rents, leases or borrows building space for an adult education program and the building owner maintains any sources of beverage sales (e.g., vending machines), they are *not* required to comply with the state beverage requirements. For more information, see *Requirements for Selling Food and Beverages in Adult Education Programs*.

**6. What are the consequences of noncompliance, i.e., schools sell beverages that are not allowed by C.G.S. Section 10-221q?**

The board of education or school governing authority is responsible for certifying compliance with all Connecticut education statutes that are applicable to public schools, including C.G.S. Section 10-221q. Districts that are not in compliance with the state education statutes risk jeopardizing their public school funding.



## EXEMPTIONS FOR BEVERAGES

### 7. Can schools ever sell any beverages to students that are not listed in C.G.S. Section 10-221q?

Yes, however, beverages that are not allowed by C.G.S. Section 10-221q can only be sold to students at school if permitted by the board of education or school governing authority and the following three conditions are met: 1) the sale is in connection with an event occurring after the end of the regular school day or on the weekend; 2) the sale is at the location of the event; and 3) the beverages are not sold from a vending machine or school store. (See definitions of “event” and “regular school day” in the Glossary.) The board of education or governing authority must take action (i.e., vote) to permit the sale of these other beverages **before** they can be sold to students. The exemption for the sale of beverages can be general (i.e., any beverages are allowed if the three conditions are met) or specific (i.e., only certain types of beverages are allowed if the three conditions are met). This decision is made by the local school district.

### 8. Is the board of education or governing authority required to vote on beverage exemptions every year?

No. The board of education or governing authority can choose to make beverage exemptions part of district policy. If beverage exemptions are made as part of district policy, the policy should indicate whether all events meeting the three conditions (see Q-7) are exempted or whether only certain events are exempted (e.g., sales are only allowed at sports games, concerts or theatre productions), and whether all beverages not meeting the statutory requirements are exempted or only certain beverages are exempted (e.g., cocoa and lemonade are allowed but soda is not). If the board decides to make beverage exemptions part of district policy, they remain in effect until the board rescinds or revises the existing policy.

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## ALLOWABLE BEVERAGES

### 9. Can cocoa/hot chocolate, coffee/decaffeinated coffee and tea/herbal tea be sold to students?

No. The only beverages that can be sold to students in public schools are those belonging to the five categories of beverages specified in C.G.S. Section 10-221q (see Q-1). Cocoa/hot chocolate, coffee (regular, decaffeinated and iced) and tea (regular, herbal and iced) are not one of the five allowable categories defined by state statute. Therefore, these beverages can only be sold at events that occur after the school day or on the weekend if the board permits exemptions and the three exemption conditions are met (see Q-7).

### 10. A school operates an a la carte breakfast program and does not participate in the SBP. Can the food service program give coffee to students if they purchase a specific breakfast item e.g., the student buys a bagel egg sandwich and gets a “free” coffee?

No. C.G.S. Section 10-221q prohibits the sale of coffee to students on school premises (see Q-9). If students are required to purchase a breakfast item in order to get the “free” coffee, then the coffee is not being given away, since students cannot get the coffee without spending money.

### 11. Can sports drinks be sold to students at a sports practice that occurs after the end of the school day if they are sold by a person (e.g., coach or parent), not a vending machine or school store?

No. A sports practice does not qualify as an “event” (see definition of “event” in the Glossary). Sports drinks or other beverages that are not permitted under C.G.S. Section 10-221q can be **given** to students during the practice but they cannot be **sold** to students during the practice. If a fee is collected for participation in sports and the fee covers the cost of beverages given to students at practice or games, then the beverages are being sold to students and must meet the requirements of C.G.S. Section 10-221q.

### 12. Can carbonated/aerated waters or juices be sold to students?

It depends. Through June 30, 2014, the following requirements apply. All carbonated beverages (beverages containing carbon dioxide) and aerated beverages (beverages labeled as “aerated” or that bubble and fizz for several minutes after opening) are categorized as “soda waters,” which is one of the four categories of foods of minimal nutritional value (FMNV) defined by the USDA under the federal competitive food services regulation (7 CFR 210, Section 210.11). A carbonated/aerated water, carbonated/aerated juice or carbonated/aerated water and juice beverage can be sold to students during the meal service if it 1) meets the requirements for the appropriate beverage category, as specified under C.G.S. Section 10-221q (see Q-1);

and 2) has been exempted by the USDA from the federal FMNV definition. For more information, see the CSDE's handout, [Competitive Foods in Schools \(School Year 2013-14\)](#). A list of exempted beverages is contained in [Exemptions under the U.S. Department of Agriculture's Competitive Foods Regulation for School Nutrition Programs](#).

If a carbonated/aerated water or juice meets the requirements for the appropriate beverage category under C.G.S. Section 10-221q, but has not been exempted by the USDA from the FMNV definition, it can only be sold to students **outside** of the meal service periods. Beverages that meet both state and federal requirements are listed on the CSDE's [List of Acceptable Foods and Beverages](#). Districts can ensure compliance with both the federal competitive foods services regulation and the state beverage statute by selling only the beverages on the CSDE's approved list. If a beverage is not listed, the product's nutrition information (nutrition facts label, package size, ingredients and product code) should be submitted to the CSDE to determine whether it meets the requirements of state statute.

**Effective July 1, 2014**, the current USDA competitive food services regulation expires and is replaced by the USDA interim final rule, [National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School](#) (Federal Register, Vol. 78, No. 125, June 28, 2013). After this date, carbonated waters or juices that meet the requirements of C.G.S. Section 10-221q can be sold at any time. For more information, see the CSDE's handout, [Competitive Foods in Schools](#).

**13. Can a vending machine with beverages not fitting within the five beverage categories of C.G.S. Section 10-221q remain in a school if it is not turned on until after the end of the school day?**

No. Soda, sports drinks, iced tea and any other unallowable beverages can **never** be sold to students from a vending machine under any circumstances.

**14. Does C.G.S. Section 10-221q apply to beverages supplied by parents or teachers for classroom parties?**

No. The law applies only to the **sale** of beverages to students. The determination of what beverages can be **given** to students in school would be governed by the district's local school wellness policy (see Q-32). However, if a fee is collected to cover the cost of beverages given to students for classroom parties, then the beverages are being sold to students and must meet the requirements of C.G.S. Section 10-221q.

For more information on beverages, see the CSDE's handout, [Allowable Beverages in Connecticut Public Schools](#), and the CSDE's [Beverage Requirements](#) Web page.

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## SUMMER SCHOOL PROGRAMS

**15. Does C.G.S. Section 10-221q apply to summer school programs (e.g., enrichment or exploratory programs)?**

Yes, if the summer school program is operated by the school district in a school building or on school property. A summer school program operated by the school district is considered to be part of the regular school day. All beverages sold to students in these programs must meet the requirements of C.G.S. Section 10-221q (see Q-1). The board of education or governing authority can only decide to permit the sale of beverages that do not comply with state statute if the three exemption conditions are met (see Q-7). See Q-16 for clarification of “regular school day” for a summer school program.

If the summer school program is not operated by the school district, the board of education may permit the sale of beverages that do not comply with C.G.S. Section 10-221q if the three exemption conditions are met (see Q-7). Summer school programs operated by entities other than the board of education are already considered to have met the first requirement of an event being held after the school day. They must also meet the other two requirements, i.e., the sale occurs at the location of the event and the beverages are not sold from a vending machine or school store. The board of education or governing authority must take action (i.e., vote) to allow the sale of beverages to students in summer school programs if the three exemption conditions are met.

**16. What is a “regular school day” for a summer school program operated by a board of education?**

The regular school day for a summer program operated by a board of education is the period from midnight before to 30 minutes after the regularly scheduled completion of the program. A summer program that is not operated by the school district is considered to be outside of the regular school day.

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## 3 — Healthy Food Certification (C.G.S. Section 10-215f)

**Compliance with this statute is required for all public schools. Each public school must certify annually to the CSDE whether they will or will not implement the Connecticut Nutrition Standards.**

### ELIGIBILITY FOR HEALTHY FOOD CERTIFICATION

**17. What are the eligibility requirements for HFC and additional funding?**

All Connecticut **public** school districts that participate in the NSLP are eligible for additional funding. This includes regional educational service centers, the Connecticut Technical High School System, charter schools, interdistrict magnet schools and endowed academies.

**18. Are eligible school districts required to choose the healthy food option and receive additional funding under C.G.S. Section 10-215f?**

No. Districts are not required to implement the healthy food option. However, all school districts that participate in the NSLP must certify annually whether they will or will not implement the healthy food option, i.e., follow the Connecticut Nutrition Standards for all foods sold to students separately from reimbursable meals.

**19. Can nonpublic schools that participate in the NSLP participate in healthy food certification?**

No. C.G.S. Section 10-215a specifies that private schools, residential child care institutions (RCCIs) and nonprofit organizations can participate in the School Breakfast Program, National School Lunch Program and other USDA meal programs, but they are not eligible to certify for the healthy food option under C.G.S. Section 10-215f and receive additional funding.

**20. Can a school district certify for the healthy food option if one or more schools do not participate in the NSLP, e.g., the district's elementary and middle schools participate in the NSLP but the high school does not?**

Yes. As long as the district has at least one school participating in the NSLP, it can certify for the healthy food option and receive the additional funding. However, if the district chooses to certify for the healthy food option, all schools in the district must comply with the Connecticut Nutrition Standards, even if they do not participate in the NSLP.

**21. Can a district opt to certify for the healthy food option for only some schools in the district, e.g., elementary and middle schools but not the high school?**

No. HFC is for all of the schools under the district's jurisdiction, including elementary, middle and high.

**22. How many Connecticut school districts currently participate in healthy food certification?**

The number of eligible and participating school districts and schools (magnets, charters and endowed academies) varies each year. A list of the districts currently participating in HFC is available on the [Healthy Food Certification](#) Web page (scroll down to "List of Districts Participating in HFC"). This handout also includes comparison charts of HFC participation since the first year of implementation (2006-07).

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## CERTIFICATION PROCESS

**23. What is the HFC application process?**

All Connecticut public school districts that participate in the NSLP must complete the [Healthy Food Certification Statement](#) – Addendum to Agreement for Child Nutrition Programs (ED-099) annually. In January of each year, the Healthy Food Certification Statement and application materials for the upcoming school year are available on the CSDE’s [Application Forms for Healthy Food Certification](#) Web page. Districts that decide to implement the healthy food option must also complete the District Contact and Information Sheet, which is available on the same Web site.

**24. What is the period of time covered by the district’s healthy food certification?**

The district’s HFC is valid for one school year (July 1 through June 30).

**25. Are districts required to complete the HFC Statement every year?**

Yes. C.G.S. Section 10-215f requires that all public school districts that participate in the NSLP must certify **each year** whether they will or will not follow the Connecticut Nutrition Standards for all foods sold to students separately from reimbursable meals. The district’s HFC Statement must be completed and approved annually by the board of education or school governing authority, and must also be approved annually by the CSDE. The CSDE strongly encourages districts to make the board vote on HFC a standing agenda item for a board meeting every spring. This will ensure that the district can submit the appropriate materials to the CSDE on time.

**26. Who is responsible for signing the HFC Statement?**

The HFC Statement must be signed by the designated representative who is authorized to sign the ED-099 Agreement for the Child Nutrition Programs and claims for reimbursement. This person is head of the governing authority, e.g., the chief officer elected or appointed to assume legal responsibility for the organization (Superintendent of Schools, President or Chairperson of the Board).

**27. What is the deadline for the HFC Statement?**

The HFC Statement is due to the CSDE by **July 1** of each year. The board of education or school governing authority must conduct the vote on HFC by **July 1** or the district is ineligible for participation during the upcoming school year.

**28. Who is responsible for overseeing HFC in the school district?**

Each district that certifies for the healthy food option must designate a district contact person. This person is indicated on the CSDE’s District Contact and Information Sheet, which is part of the HFC application packet. The district contact person is the point person identified by the district for coordinating, implementing and monitoring healthy food certification. For more information, see [Responsibilities of District Contact Person for Healthy Food Certification](#).

For more information on the application process for healthy food certification, see the CSDE’s PowerPoint presentation, [Application Procedures for Healthy Food Certification](#), and the CSDE’s [Application Forms for Healthy Food Certification](#) Web page

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**REQUIREMENTS FOR HEALTHY FOOD CERTIFICATION****29. What is a school district required to do if it certifies for the healthy food option under C.G.S. Section 10-215f?**

If a district chooses to receive the additional funding, it must certify that all foods sold to students separately from a reimbursable school breakfast or lunch will comply with the Connecticut Nutrition Standards. This includes foods offered for sale to students at all times, in all schools, and from all sources, including school cafeterias, school stores, vending machines, fundraising activities on school premises and any other sources. Examples of other sources include culinary arts programs, family and consumer sciences classes, recipient schools under interschool agreements (see Q-42), a la carte foods sold in Seamless Summer Food Programs and Summer Food Service Programs operated by board of education, USDA Afterschool Snack Program, summer school programs (e.g., enrichment or exploratory) operated by board of education (see Q-15 and Q-82) and adult education programs operated by board of education (see Q-5, Q-65 and Q-66).

The district must review all purchased and school-made foods for compliance with the Connecticut Nutrition Standards **before** they are sold to students. The district must also ensure that all personnel responsible for food and beverage sales to students understand the requirements and are operating all sales in compliance with the statutory requirements.

**30. Are there any other restrictions on food sales to students that must be followed if the district certifies for the healthy food option?**

Yes. Section 10-215b-23 of the Regulations of Connecticut State Agencies specifies that the income from the sale of any food or beverages sold anywhere on school from 30 minutes before the start of any state or federally subsidized milk or meal program (National School Lunch Program, School Breakfast Program, Afterschool Snack Program and Special Milk Program) until 30 minutes after the end of the program must accrue to the food service account. This requirement applies to all public schools regardless of whether they choose to implement HFC. It also applies to private schools and RCCIs (see Q-2).

C.G.S. Section 10-221p requires that at all times when food is available for purchase by students during the regular school day, nutritious and low-fat foods (including, but not limited to, low-fat dairy products and fresh or dried fruit) must also be available for sale (see Q-89). This requirement applies to all public schools, regardless of whether they choose to implement HFC and regardless of whether they participate in the USDA school nutrition programs.

**31. If the school district contracts to provide meals to another school, is that school required to follow the Connecticut Nutrition Standards?**

No. HFC applies only to the foods that are made available for sale to students in schools under the certifying district's jurisdiction. A district or school that receives meals under contract from a certifying district is *not* required to follow the Connecticut Nutrition Standards. However, an eligible recipient site could choose to follow the Connecticut Nutrition Standards if the interschool agreement indicates that the recipient site will comply with HFC (see Q-42).

**32. What is the difference between HFC and the district's school wellness policy?**

HFC addresses only what is **sold** to students, while the district's school wellness policy must address all foods **available** (sold and given) to students. For more information on school wellness policies, see the CSDE's handout, [School Wellness Policy Requirements](#), the CSDE's [Action Guide for School Nutrition and Physical Activity Policies](#) and the CSDE's [School Wellness Policy](#) Web page.

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## EXEMPTIONS FOR FOOD ITEMS

### 33. Can schools ever sell any foods to students if they do not meet the Connecticut Nutrition Standards?

Yes. The requirements for food exemptions are the same as the requirements for beverage exemptions (see Q-7). Foods that do not meet the Connecticut Nutrition Standards can only be sold to students at school if permitted by the board of education or school governing authority and three conditions are met: 1) the sale is in connection with an event occurring after the end of the regular school day or on the weekend; 2) the sale is at the location of the event; and 3) the food items are not sold from a vending machine or school store. The board of education or governing authority must take action (i.e., vote) to permit the sale of these other food items. Food exemptions are part of the annual HFC Statement (see Q-35).

### 34. What is the meaning of “at the location of the event”?

“Location” means where the event is being held, such as the gym, soccer field or auditorium. For example, if the event is a basketball game held in the gym, the food must be sold at the location of the gym. It cannot be sold in another location of the school at the same time, e.g., on the soccer field at a practice that is being held at the same time as the basketball game.

### 35. How does the board of education or governing authority permit the sale of foods that do not meet the Connecticut Nutrition Standards?

The exemption for foods that do not meet the Connecticut Nutrition Standards is included as part of the district’s annual HFC Statement (see Q-23). When the board of education votes each year to implement healthy food certification, they will also be voting on whether to allow food exemptions if the three conditions for exemption are met (see Q-33). This is indicated in “Section 3 – Exemption Statement” on page 2 of the HFC Statement.

The local school district decides what food exemptions to allow. The food exemptions can be general (i.e., any food items are allowed if the three conditions are met) or specific (i.e., only certain types of food items are allowed if the three conditions are met). The meeting minutes should indicate whether all events that meet the three conditions specified in the law are exempted or whether only certain events are exempted (e.g., sales are only allowed at sports game, concerts or theatre productions), and whether all foods that do not meet the Connecticut Nutrition Standards are exempted or only certain foods are exempted (e.g., chips and cookies are allowed but candy is not).

The board could choose to make these details part of district policy. If the board decides to make the specific details of food exemptions part of district policy, they remain in effect until the board rescinds or revises the existing policy. However, the vote for exemptions is still conducted annually as part of the HFC Statement.

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## FUNDING FOR HEALTHY FOOD CERTIFICATION

### 36. What is the funding level for school districts that opt for HFC and when will the funds be paid?

Districts implementing HFC will receive an additional 10 cents per lunch, based on the total number of reimbursable lunches (paid, free and reduced) served in the district in the prior school year for the NSLP. This includes lunches served in the Seamless Summer Food Program and Head Start Programs operated by the board of education and participating in the NSLP. The funds will be distributed in the same manner as state match funds for school lunches. Participating districts will receive 75 percent of the funds in the fall and 25 percent in the spring.

### 37. Is the funding available each year?

Yes. The funding is available for each year in which the district certifies that all foods sold to students separately from a reimbursable breakfast or lunch will meet the Connecticut Nutrition Standards.

### 38. Who receives the funds?

The funds are paid to the district’s school food service program.

**39. What happens to a school district's regular state match funding if the district decides not to implement healthy food certification?**

There are no financial implications if a district chooses not to participate in healthy food certification. The funding level for the regular state match payment for school lunches remains the same because it is separate from the funding for healthy food certification.

**40. What happens if a district applies for HFC but then drops out during the school year?**

The district would be required to return funds to the CSDE, based on a prorating of the participation period.

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**LUNCH COUNTS FOR FUNDING****41. The district contracts to provide lunches to a private school. Are these lunch counts included in the number upon which the district's funding is based?**

No. If a public school contracts to provide lunches to a private school, residential child care institution or nonprofit organization, these lunches are **not** included in the total number of lunches upon which funding is based. Nonpublic schools are not eligible to participate in HFC (see Q-19).

**42. The district contracts to provide lunches to another school that is eligible for HFC and funding. Are these lunch counts included in the number upon which the district's funding is based?**

Yes, under certain conditions. If a public school district contracts to provide lunches to another public school that is eligible for HFC (see Q-17), these lunches may be included in the total number of lunches upon which funding is based if 1) the recipient district is included on the district's Agreement for Child Nutrition Programs (ED-099) submitted to the CSDE; and 2) the recipient district certifies on the CSDE's interschool agreement that they will comply with HFC under C.G.S. Section 10-215f. For more information on interschool agreement, see the CSDE's [Forms](#) Web page.

**43. Can a district with a new school still certify for the healthy food option? If so, how are the lunch counts determined?**

Yes. A district with a new school can certify for the healthy food option. However, funding would only be based on the lunches served in the district's schools with lunch counts for the prior school year.

If a district with only one school is a new sponsor of the NSLP, the district must wait until the next school year before submitting the HFC Statement and receiving funding. The school must have **prior lunch counts** for the CSDE to determine funding.

If an eligible district with only one school has less than a full year of operation (e.g., the new school opens in January and has operated for six months), the new individual school sponsor of the NSLP could certify for the healthy food option in the next school year. However, funding would be based on the actual number of lunches served in the school year prior to the start of healthy food certification.

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## ALLOWABLE FOOD ITEMS

### 44. What foods can be sold if the district certifies for the healthy food option?

If a district chooses to certify for the healthy food option and receive the additional funding, all foods offered for sale to students at all times, in all schools, and from all sources must meet the Connecticut Nutrition Standards. This includes school stores, vending machines, school cafeterias, fundraising activities on school premises and any other sources of food sales to students (see Q-28). Foods that do not meet the Connecticut Nutrition Standards can be sold **only** if the board votes to allow exemptions and the three exemption conditions are met (see Q-33).

### 45. How does the district determine whether a purchased food item meets the Connecticut Nutrition Standards?

Districts are responsible for determining that all food items sold to students separately from reimbursable meals meet the Connecticut Nutrition Standards **before** they are purchased and sold to students. For purchased food items, the CSDE strongly encourages schools to use the CSDE's [List of Acceptable Foods and Beverages](#), a brand-specific list of commercially prepared foods that meet the Connecticut Nutrition Standards and beverages that meet the requirements of state statute.

### 46. If a purchased food item is not included on the CSDE's list, what should the district do?

The food item **cannot** be sold to students until the district verifies that it meets the Connecticut Nutrition Standards. Districts should submit the product's nutrition information (nutrition facts label, package size, ingredients and product code) to the CSDE so that the product can be evaluated for compliance with the Connecticut Nutrition Standards. If it meets the standards, it will be added to the CSDE's [List of Acceptable Foods and Beverages](#) (see Q-45). The handout, [Submitting Food and Beverage Products for Approval](#), provides information on what is needed for the CSDE to review items for compliance.

### 47. How does the district determine whether foods made from scratch or school-made foods meet the Connecticut Nutrition Standards?

School-made foods include all items that are 1) prepared from scratch using a recipe, e.g., entrees, soups, baked items and vegetables; or 2) require some additional processing after purchasing ingredients, e.g., popping popcorn kernels with oil, making cookies from a mix and adding butter and eggs, and assembling a sandwich. The district is responsible for conducting a **nutrient analysis** of all recipes used to make any foods that are sold to students separately from reimbursable meals. The nutrient analysis must be done **before** any school-made foods are sold to students. This applies to the cafeteria as well as any other sources of school-made foods sold to students separately from reimbursable meals, e.g., fundraisers, culinary arts programs, family and consumer sciences classes and parent-made foods (see Q-28). For more information, see [Guidance on Evaluating School Recipes for Compliance with the Connecticut Nutrition Standards](#).

### 48. The district has a culinary arts program that prepares and sells food items to students and school staff members. Are these foods required to meet the Connecticut Nutrition Standards?

Yes. The culinary arts program must conduct a nutrient analysis of recipes to ensure they meet the Connecticut Nutrition Standards **before** they are sold to students (see Q-47). If a district chooses to certify for the healthy food option, all foods offered for sale to students at all times, in all schools, and from all sources must meet the Connecticut Nutrition Standards. The board of education or governing authority can only decide to permit the sale of foods that do not meet the Connecticut Nutrition Standards if the three exemption conditions are met (see Q-33).

**NOTE:** Even if a food meets the Connecticut Nutrition Standards, C.G.S. 10-221p and Section 10-215b-23 of the Regulations of Connecticut State Agencies still apply. C.G.S. Section 10-221p requires that at all times when food is available for purchase by students during the regular school day, nutritious and low-fat foods must also be available for sale (see Q-89). Section 10-215b-23 specifies that any income from the sale of any foods or beverages sold or distributed anywhere on school premises from 30 minutes before the start of any state or federally subsidized milk or meal program until 30 minutes after the end of the program must accrue to the food service account (see Q-30).

**49. Can foods that do not meet the Connecticut Nutrition Standards still be sold to students as a la carte items in the cafeteria, i.e., separately from the reimbursable meal?**

No. If a district certifies for the healthy food option, the Connecticut Nutrition Standards apply to **all** foods sold to students separately from a reimbursable breakfast or lunch, e.g., a la carte items. A la carte foods that do not meet the Connecticut Nutrition Standards can **never** be sold in the cafeteria.

**50. The high school has an a la carte breakfast program that is not part of the School Breakfast Program. Are these foods required to meet the Connecticut Nutrition Standards?**

Yes. A la carte breakfast foods are not part of a reimbursable breakfast. If the district certifies for the healthy food option, the Connecticut Nutrition Standards apply to all foods sold to students separately from a reimbursable breakfast or lunch. A la carte foods that do not meet the Connecticut Nutrition Standards can **never** be sold in the cafeteria.

**51. The school sponsors an annual honors award breakfast for students and parents but no fee is charged to attend. Are these foods required to meet the Connecticut Nutrition Standards?**

No. C.G.S. Section 10-215f applies only to foods that are **sold** to students, not to foods that are given away at no charge. The determination of what foods can be **given** to students in school would be governed by the district's local school wellness policy (see Q-32).

**52. A parent group wants to sell foods that do not meet the Connecticut Nutrition Standards (e.g., donuts and coffeecake) and beverages that do not meet the statutory requirements (e.g., coffee, tea and cocoa) to parents and students at a meeting that occurs before school starts. Is this acceptable?**

No. A meeting is not an event (see definition of "event" in the Glossary) and the time frame does not meet the exemption requirements of state statutes. C.G.S. Sections 10-221q and 10-215f only allow exemptions for food and beverages sold at the location of events that occur after the end of the regular school day or on the weekend. The regular school day is the period from midnight before to 30 minutes after the end of the official school day.

**53. Can a vending machine with foods not meeting the Connecticut Nutrition Standards remain in a school if it is not turned on until after the end of the school day?**

No. If the district implements HFC, foods not meeting the Connecticut Nutrition Standards can **never** be sold to students from a vending machine under any circumstances. For more information, see the CSDE's handout, [Requirements for Foods and Beverages in Vending Machines](#).

**54. Can a school store sell foods not meeting the Connecticut Nutrition Standards if it is not open until after the end of the school day?**

No. If the district implements HFC, foods not meeting the Connecticut Nutrition Standards can **never** be sold to students from a school store under any circumstances. For more information, see the CSDE's handout, [Requirements for Foods and Beverages in School Stores](#).

**55. Does HFC apply to foods purchased by students on field trips?**

No. The Connecticut Nutrition Standards do not apply to foods sold to students off school premises. They only apply to foods sold to students on the premises of schools under the district's jurisdiction.

**56. Does HFC apply to foods supplied by parents or teachers for classroom parties?**

No. The law applies only to the **sale** of foods to students. The determination of what foods can be **given** to students in school governed by the district's local school wellness policy (see Q-32). However, if a fee is collected to cover the cost of foods given to students for classroom parties, then the foods are being sold to students and must meet the Connecticut Nutrition Standards. For information on healthy parties, see the CSDE's handout, [Healthy Celebrations](#).

- 57. Parents send in money to teachers to purchase food that is provided as snacks to children in the classroom during the school day. If the district certifies for the healthy food option, are these snacks required to meet the Connecticut Nutrition Standards?**

Yes. Money is exchanged in return for foods that are provided to the students. This is considered the sale of food to students (see definition of “sale” in the Glossary). If the district certifies for the healthy food option, then all foods provided (sold) to the children as classroom snacks must meet the Connecticut Nutrition Standards.

- 58. The district operates a fee-based program or activity after school that includes a snack. Students must pay a fee to participate in the program and the fee includes the cost of providing the snack. Do the snack foods have to comply with the Connecticut Nutrition Standards?**

Yes. The cost of providing the snack foods to the students is included in the fee for the program so the foods are being sold to students and must meet the Connecticut Nutrition Standards. For information on how this applies to beverages, see Q-3.

- 59. The school store sells cough drops to students. Are these considered a food, and therefore subject to the Connecticut Nutrition Standards if the district certifies for the healthy food option?**

Cough drops are considered a medicinal preparation and therefore should not be sold in a school store or anywhere else on school grounds. As with any medication, cough drops should only be administered in compliance with the state medication laws and regulations (see C.G.S. [10-212a](#) and [Administration of Medication by School Personnel and Administration of Medication During Before- and After- School Programs and School Readiness Program](#)).

- 60. Can breath mints be sold to students in the school store?**

No. Breath mints (including sugarless breath mints) are considered candy and are therefore not allowed for sale to students if the district has certified for the healthy food option.

**NOTE:** If the district does **not** certify for the healthy food option, the sale of breath mints is still governed by the state competitive foods regulation (Section 10-215b-1 of the Regulations of Connecticut State Agencies), which prohibits schools from selling or dispensing candy (including breath mints and sugarless candy) to students anywhere on school premises from 30 minutes before the start of any state or federally subsidized milk or meal program until 30 minutes after the end of the program (see Q-30). Additionally, Section 10-215b-23 requires that the income from any food or beverage sales during this time frame must accrue to the food service account.

Effective July 1, 2014, the USDA interim final rule prohibits public schools, private schools and RCCIs from selling candy to students during the **school day** (the period from the midnight before to 30 minutes after the end of the official school day) on all areas of the school campus. Therefore, in non-HFC schools, the federal requirements supersede the time frame (30 minutes before up through 30 minutes after any USDA school nutrition programs) in Section 10-215b-1 of the state regulations.

- 61. Can candy, mints and chewing gum (including sugarless candy, mints and gum) be sold to students?**

No. Candy, mints and chewing gum (including regular and sugarless) do not meet the Connecticut Nutrition Standards. Candy, mints and gum provide calories from fats and sugars but few, if any, nutrients. Sugarless candy and gum contain artificial sweeteners, nonnutritive sweeteners or sugar alcohols, which are prohibited by the Connecticut Nutrition Standards. Candy, mints and gum can only be sold at events that meet the three exemption conditions (see Q-33), if the board has voted to allow food exemptions.

- 62. How do the Connecticut Nutrition Standards apply to condiments?**

All foods are evaluated for compliance with the Connecticut Nutrition Standards based on the amount of the food item **as served** including any added accompaniments such as butter, cream cheese, syrup, ketchup, mustard and salad dressing. Examples include bagel with cream cheese, roll with margarine, hamburger with ketchup, chicken nuggets with dipping sauce, taco with taco sauce, french fries with ketchup, salad with dressing, carrots with low-fat ranch dressing, apple slices with caramel dipping sauce, fried rice with duck sauce and pasta with butter or margarine

- 63. A school uses tokens or an equivalent item (e.g., coupons, stars or stickers) to reward children for good behavior or good grades. These tokens can be redeemed by the students for foods such as cookies and ice cream. Does this count as sales to students?**

Yes. The dictionary defines “sale” as “the exchange of property or services for a determined amount of money *or its equivalent*.” If the district certifies for the healthy food option, then all foods sold to students or provided to students in exchange for tokens or other items must meet the Connecticut Nutrition Standards. The CSDE strongly encourages schools to use other rewards or nonfood items. For more information, see the CSDE’s handout, [Alternatives to Food Rewards](#).

- 64. The cafeteria does not serve lunch on some days, such as the last day of school and half days. Teachers collect money from students to purchase pizza and drinks, e.g., soda and lemonade. Is this allowable if the district has certified for the healthy food option?**

No. C.G.S. Section 10-221q specifies the five categories of beverages that can be sold to students, and soda and lemonade are not included in these categories (see Q-1). If the district has certified for the healthy food option under C.G.S. Section 10-215f, then all food sold to students separately from a reimbursable meal must meet the Connecticut Nutrition Standards. Therefore, the pizza can only be sold to students if it meets the Connecticut Nutrition Standards. This requires that the school obtains a nutrient analysis of the pizza recipe (see Q-47). In addition, C.G.S. Section 10-221p applies whenever foods are made available for purchase (see Q-89). Therefore, low-fat dairy products and fresh or dried fruit must also be available for sale when the pizza is sold.

**NOTE:** Section 10-215b-23 of the Regulations of Connecticut State Agencies (see Q-30) would not apply in this case because the federally funded meal service is not in operation.

- 65. An adult education program with high school age students is operated under the jurisdiction of the board of education. It is in a separate building from the district’s elementary, middle and high schools. There are no meals served in the program but there are vending machines operated by the board of education. Do the foods sold in the vending machine have to comply with the Connecticut Nutrition Standards if the district certifies for the healthy food option under C.G.S. Section 10-215f?**

Yes. The HFC statute does not define students as being of a particular age, nor does it distinguish between regular and adult education programs. It says that the district must certify that “all food items available for sale to students in schools under its jurisdiction” meet the Connecticut Nutrition Standards. The statute applies only to the sale of foods that are under the control of the adult education program. If the school district rents, leases or borrows building space for an adult education program and the building owner maintains any sources of food sales (e.g., vending machines and food kiosks), they are not required to comply with the Connecticut Nutrition Standards. For more information, see [Requirements for Selling Food and Beverages in Adult Education Programs](#).

- 66. If an adult education program operated under the jurisdiction of the board of education does not contain school-age students, are foods still required to meet the Connecticut Nutrition Standards?**

Yes. The statute does not define students as being of a particular age (see Q-65).

- 67. Can schools sell foods that do not meet the Connecticut Nutrition Standards to teachers?**

Yes. The HFC statute applies only to the sale of food to **students**. Schools can sell any foods that do not meet the Connecticut Nutrition Standards to teachers and other school staff members as long as they are not accessible to students. However, the CSDE encourages districts to consider this issue in relation to the promotion of staff wellness practices and the district’s school wellness policy.

For more information on the requirements for healthy food certification, see the CSDE’s PowerPoint presentation, [Understanding Healthy Food Certification](#).

## FUNDRAISERS

**NOTE:** Due to variations in local fundraising activities, districts are strongly encouraged to contact the CSDE for assistance in reviewing their current fundraisers and identifying if any changes are needed.

**68. How does the district's HFC apply to fundraisers?**

HFC includes all foods offered for sale to students at all times and from all sources including school stores, vending machines, school cafeterias and any fundraising activities on school premises. Therefore, all food fundraisers must meet the Connecticut Nutrition Standards, unless food exemptions are permitted by the board of education or governing authority and they meet the three conditions for exemption (see Q-33).

**69. Are fundraisers that are sponsored by an outside organization required to meet the Connecticut Nutrition Standards if they are held on school premises?**

Yes. If the district certifies for the healthy food option, all food sold to students on school premises must meet the Connecticut Nutrition Standards. This applies to all fundraisers held on school premises, regardless of whether they are sponsored by the school or an outside organization. However, if food exemptions are permitted by the board of education or governing authority and the fundraiser meets the three conditions for exemption (see Q-33), it would be allowed.

**70. Fliers for a food fundraiser are handed out during the school day for students to take home. Students bring the order forms and money back to school and pick up the food items. Do the Connecticut Nutrition Standards apply to this fundraiser?**

Yes. If the student is involved in delivering money to school for the food items and picking up the food items at school, the fundraiser is selling food to students on school premises. C.G.S. Section 10-215f requires that all foods made available for sale to students at schools meet the Connecticut Nutrition Standards. However, the fundraiser would **not** be considered to be selling food to students on school premises if students only deliver the food orders and money to the school but parents or other adults pick up the food items. The school must clearly indicate this procedure on the fundraising flier and other written communications regarding the fundraiser.

It is **not** allowable for students to bring home food fundraiser items at the end of the school day regardless of how the payment comes in to school. Any fundraiser where students are picking up food at school that does not meet the Connecticut Nutrition Standards is **not** in compliance with HFC under C.G.S. Section 10-215f.

A school district that certifies for the healthy food option is responsible for ensuring that each school under its jurisdiction is in compliance with the fundraiser requirements. If the CSDE, in the course of monitoring compliance, determines that a participating school district has permitted the sale of food to students in violation of this provision, it would require the district to return the additional funding provided pursuant to C.G.S. Section 10-215b. Therefore, school officials must decide whether they can effectively ensure that such fundraisers will comply with the statutory mandates.

**71. A school cookie dough fundraiser is sold after school hours via a handout that is sent home with students. Parents pay for and pick up the cookie dough after school. Is this fundraiser allowed?**

Yes. While the fundraising flier is sent home with the students, the students are not involved in delivering the money to school for the food item and picking up the food item at school. As long as the parents are purchasing and picking up the food item, the fundraiser is not selling to students and would therefore be acceptable.



**72. Can a school sell frozen foods such as cookie dough, pies and bread dough to students if they are only sold frozen so students can't eat them?**

No. C.G.S. Section 10-215f does not make any exceptions for when the food is consumed or what form the food is in. It states that the Connecticut Nutrition Standards apply to all food items made available for sale to students in schools under the district's jurisdiction. Therefore, the Connecticut Nutrition Standards apply regardless of whether the food fundraiser sold is intended for consumption immediately (e.g., candy bar and cupcakes) or at a later time (e.g., frozen cookie dough and pies).

**73. The PTA wants to hold a bake sale in a school that is closed for election day and teacher inservice days. The bake sale is run by students. The board has voted to allow food exemptions. Is this fundraiser allowed?**

Yes. Election day and teacher inservice days are considered to be events. Since the school is closed for the day, this situation would meet the criteria of foods being sold at the location of an event that occurs after the school day (see exemption conditions in Q-33).

**74. Tickets are sold during the school day for a pasta dinner that will be held for parents and students in the evening at school. Is this acceptable if the board has voted to allow food exemptions?**

Yes. The pasta dinner is an event because it is a gathering of people for a social purpose that involves more than just selling food. If the board has voted to allow food exemptions, the food sold at the pasta dinner is exempt from the Connecticut Nutrition Standards because the pasta dinner would meet all three exemption conditions (see Q-33).

**75. Can a school sell gift cards, coupons or tickets to students that are redeemable for food?**

It depends on whether the foods meet the Connecticut Nutrition Standards. Selling gift cards, coupons, tickets, entertainment books, tokens or similar items that are redeemable for food is the same as selling food to students (see definition of "sale" in the Glossary). This includes coupons or gift cards that are redeemable at businesses selling food, e.g., restaurants, convenience stores, fast food chains and local dining establishments. If a district opts for the healthy food option, fundraisers of gift cards or similar items must meet one of the following three conditions: 1) all foods that can be purchased with the coupons or similar items meet the Connecticut Nutrition Standards; 2) the board of education allows food exemptions and the coupons or similar items are sold at an event that meets the three exemption conditions (see Q-33); or 3) students bring in the orders and money to school but a parent or other adult picks up the coupons or similar items for delivery to customers.

Fundraisers selling gift cards that are redeemable **only at supermarkets** (e.g., Big Y, Stop & Shop and Price Chopper) are allowed. Students may bring the orders and money for the gift cards to school and take the gift cards home. This applies only to gift cards for supermarkets because they are intended to provide basic foods that feed families, versus the wide array of unhealthy choices at convenience stores, fast food chains, local dining establishments and other similar establishments. In addition, the CSDE strongly encourages the district to let families know that the district is participating in HFC and encourage them to redeem their gift cards for healthy choices, such as nutrient-rich foods like fruits, vegetables, whole grains, low-fat or nonfat dairy products, lean meat, skinless poultry, fish, eggs and beans.

**76. During the school day, the PTA sells tickets or coupons for food (e.g., candy or cookies) but the food is given out to students after school hours. Are these food items required to meet the Connecticut Nutrition Standards?**

Yes. Selling tickets or coupons to students that are redeemable for food items is the same as selling food to students (see definition of "sale" in the Glossary). If the district certifies for the healthy food option, the Connecticut Nutrition Standards apply to all foods sold to students separately from a reimbursable meals. Foods that do not meet the Connecticut Nutrition Standards can only be sold at events that meet the three exemption conditions (see Q-33), if the board has voted to allow food exemptions.

**NOTE:** Even if the district does not certify for the healthy food option, selling tickets during the meal for a candy bar that will be distributed later in the day after the meal period is over is in violation of the state competitive foods regulation. Section 10-215b-1 of the Regulations of Connecticut State Agencies prohibits

schools from selling or dispensing candy (including mints and sugarless candy) to students anywhere on school premises from 30 minutes before the start of any state or federally subsidized milk or meal program until 30 minutes after the end of the program (see Q-30). Additionally, Section 10-215b-23 requires that the income from any food or beverage sales during this time frame must accrue to the food service account.

**77. Can a school-sponsored food fundraising event be conducted during the school day if it is not on school grounds, e.g., a bake sale is held at a local grocery store to raise money for a sports team?**

Yes. HFC applies only to the sale of foods and beverages to students on school grounds.

**78. Can the district conduct food fundraisers for parents and school staff?**

Yes. If the fundraiser is sold to adults only (not students) the fundraiser can occur during the school day and the food items do not have to meet the Connecticut Nutrition Standards. HFC applies only to the sale of food to students.

**NOTE:** The sale of food in adult education programs under the jurisdiction of the board of education must meet the Connecticut Nutrition Standards (see Q-65).

**79. Do schools need to eliminate food fundraisers if the district certifies for the healthy food option**

No. Schools can sell foods that do not meet the Connecticut Nutrition Standards as fundraisers *if* the board of education or governing authority permits them and they meet the three exemption conditions (see Q-33). Most school fundraisers can be conducted as usual or modified to meet the healthy food certification requirements.

If a food meets the Connecticut Nutrition Standards, it can be sold to students without meeting the three exemption conditions. There are many snack foods (e.g., cookies, granola bars, trail mixes and frozen desserts) that meet the Connecticut Nutrition Standards, are appealing to students and can be used for fundraisers. The CSDE's [List of Acceptable Foods and Beverages](#) includes brand-specific commercially prepared products that meet the Connecticut Nutrition Standards and the state beverage requirements.

The CSDE strongly encourages districts to consider nonfood fundraising alternatives. The CSDE's [Healthy Fundraising](#) handout provides suggestions for fundraising with healthy food items and nonfood items and activities.

**NOTE:** Even if a food meets the Connecticut Nutrition Standards, Section 10-215b-23 of the Regulations of Connecticut State Agencies still applies. Section 10-215b-23 specifies that any income from the sale of any food or beverages sold or distributed anywhere on school premises from 30 minutes before the start of any state or federally subsidized milk or meal program until 30 minutes after the end of the program must accrue to the food service account (see Q-30).

For more information on fundraisers, see the CSDE's handout, [Requirements for Food and Beverage Fundraisers](#) and the PowerPoint presentation, [Understanding Healthy Food Certification](#), on the CSDE's [Requirements for Healthy Food Certification](#) Web page. A sample form that districts can use to review local fundraisers for compliance with the requirements of healthy food certification is available on the same Web page.

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## AFTERSCHOOL SNACK PROGRAMS

### 80. Does HFC apply to the Afterschool Snack Program?

Yes. If a district chooses to certify for the healthy food option, all foods offered in the USDA Afterschool Snack Program must meet the Connecticut Nutrition Standards, in addition to meeting the USDA Meal Pattern for the Afterschool Snack Program.

### 81. Can the CSDE's *List of Acceptable Foods and Beverages* be used to identify snack items that meet the meal pattern requirements for the Afterschool School Program?

No. The CSDE's list identifies foods that meet the Connecticut Nutrition Standards. However, it does not indicate which items meet the meal pattern requirements for the Afterschool Snack Program, NSLP or SBP. For example, a granola bar may meet the Connecticut Nutrition Standards, but the portion size may not meet the USDA requirements for the grains component in the Meal Pattern for the Afterschool Snack Program. Menu planners must be sure that any snack items served meet both the USDA meal pattern and the Connecticut Nutrition Standards.

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## SUMMER SCHOOL PROGRAMS

### 82. Does HFC apply to summer school programs (e.g., enrichment or exploratory programs)?

Yes, if the summer school program is operated by the school district and the district certifies for the healthy food option, then all foods sold to students in summer school programs must meet the Connecticut Nutrition Standards (see Q-15, substituting “food” for “beverages” and “Connecticut Nutrition Standards” for “C.G.S. Section 10-221q”).

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## MONITORING COMPLIANCE

### 83. How does the CSDE monitor school districts that participate in healthy food certification?

The CSDE monitors all school districts that certify for the healthy food option to ensure that all foods sold to students separately from reimbursable meals comply with the Connecticut Nutrition Standards. The CSDE annually reviews each district's HFC documentation materials (see Q-85). The CSDE also conducts site visits of selected schools each year, in conjunction with the state administrative review of the district's USDA Child Nutrition Programs.

### 84. How will the school district demonstrate compliance with healthy food certification?

The certifying board of education or governing authority is responsible for ensuring compliance with HFC. The district is required to develop procedures and maintain documentation to demonstrate that all foods sold to students separately reimbursable meals comply with the Connecticut Nutrition Standards. This includes all purchased and school-made foods offered for sale to students at all times, in all schools, and from all sources (see Q-28). For more information on evaluating purchased foods see Q-45 and Q-46. For more information on evaluating school-made foods see Q-47.

Examples of documentation include a list of acceptable foods and beverages, an inventory of items sold in district vending machines or school stores, a school log system to identify acceptable fundraising events and a description of the process used to ensure that all food items meet the Connecticut Nutrition Standards. The CSDE provides additional guidance to school districts on the documentation requirements upon receipt and approval of the district's HFC Statement.



**85. What documentation materials are districts required to submit to the CSDE?**

All districts must submit the HFC Compliance Form each year. Districts that meet certain criteria must also submit lists of foods and beverages sold to students from all sources, including school cafeterias, school stores, vending machines, fundraising activities on school premises that do not meet the exemption criteria (see Q-33), and any other sources of food sales to students (see Q-28). Lists of foods and beverages are required if the district: 1) is scheduled for a state review of the NSLP during the current school year; 2) did not implement HFC during the prior school year; or 3) had significant compliance issues during the prior school year's HFC review. Districts that meet any of these criteria for the current school year are listed in [Districts Required to Submit Food and Beverage Lists](#). For more information, see the CSDE's handouts, [Guidance for Documenting Compliance with Healthy Food Certification](#) and [Checklist for Healthy Food Certification Documentation](#) on the CSDE's [Healthy Food Certification Documentation](#) Web page (see Q-86).

**86. How do districts obtain the HFC documentation forms?**

The documentation forms are available on the CSDE's [Healthy Food Certification Documentation](#) Web page. The current year's forms are posted by September of each year.

**87. When is the deadline for submitting the HFC documentation forms to the CSDE?**

The HFC documentation forms are due to the CSDE by **November 30** of each year.

**88. What are the penalties for noncompliance with healthy food certification?**

The CSDE can require districts that fail to comply with HFC to return funds.

Additional guidance on documentation requirements is contained in the CSDE's PowerPoint presentation, [Documentation Requirements for Healthy Food Certification](#), and the handouts, [Guidance for Documenting Compliance with Healthy Food Certification](#) and [Responsibilities of District Contact Person for Healthy Food Certification](#).

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## 4 — Requirement for Healthy Foods Whenever Other Foods are Sold (C.G.S. Section 10-221p)

**Compliance with this statute is required for all public schools regardless of whether the district participates in the USDA's school nutrition programs or implements HFC under C.G.S. Section 10-215f.**

### REQUIREMENTS FOR SELLING HEALTHY FOODS

**89. What are the requirements of C.G.S. Section 10-221p.**

C.G.S. Section 10-221p requires that at all times when food is available for purchase by students during the regular school day, nutritious and low-fat foods must also be available for sale. Such foods include, but are not limited to, low-fat dairy products and fresh or dried fruit.

**90. Do the requirements apply even if the district chooses not to implement the healthy food option under C.G.S. Section 10-215f?**

Yes. C.G.S. Section 10-221p is not optional. It applies to all public schools, regardless of whether they have chosen to implement HFC under C.G.S. Section 10-215f and regardless of whether the district participates in the USDA's Child Nutrition Programs.

**91. Does C.G.S. Section 10-221p apply to foods sold in the National School Lunch Program and School Breakfast Program?**

Yes. When any a la carte foods are sold in the NSLP or SBP, schools must ensure that low-fat dairy products and fresh or dried fruit are also available for sale at mealtimes.

**92. Does C.G.S. Section 10-221p apply to the Afterschool Snack Program?**

No. The statute does not apply to the Afterschool Snack Program, since this program is not part of the "regular school day."

**93. Does C.G.S. Section 10-221p apply to the Special Milk Program?**

No. The statute applies only to food. However, milk sold in the Special Milk Program must meet the requirements of C.G.S. Section 10-221q and the federal requirements of the USDA interim final rule (see Q-1).

**94. Please provide examples of what is required under this statute.**

Whenever any group makes any foods available for purchase in a school during the school day, low-fat dairy products and fresh or dried fruits must be available in the school at the same time for purchase by students. "Foods available for purchase" includes foods sold in vending machines, school stores, fundraisers and any other food sales in schools during the school day. The examples below illustrate these requirements.

- A. **Snack Machines:** If a snack machine selling chips, cookies and other snack foods is available for use by students during the school day, the school must also have low-fat dairy products and fresh or dried fruit available for purchase at the same time. Since snack machines are not typically refrigerated, low-fat dairy products and fresh fruit cannot usually be provided in the snack machine. If the snack machine is operating during cafeteria hours, having low-fat dairy products and fresh or dried fruit available as part of the meal service is acceptable. If the snack machine is operating outside of cafeteria hours, schools must make alternate provisions to offer low-fat dairy products and fresh or dried fruit at the same time.

- **Snack Machines in HFC Public Schools:** Public school districts choosing the healthy food option under C.G.S. Section 10-215f must ensure that all foods sold in vending machines meet the Connecticut Nutrition Standards. Foods not meeting the Connecticut Nutrition Standards can **never** be sold to students from a vending machine under any circumstances (see Q-53). In addition, all vending machines must comply with Section 10-215b-23 of state regulations, which requires that the income from any foods or beverages sold to students anywhere on school premises from 30 minutes before the start of any state or federally subsidized meal or milk program until 30 minutes after the end of the program must accrue to the nonprofit food service account (see Q-30). Any food and beverage sales held anywhere on school premises during this time period must comply with this regulation, including foods that comply with the Connecticut Nutrition Standards and beverages that comply with C.G.S. Section 10-221q and the USDA interim final rule.
  - **Snack Machines in Non-HFC Public Schools, Private Schools and RCCIs:** All foods sold in vending machines in non-HFC public schools, private schools and RCCIs must meet the nutrition standards for competitive foods in the USDA interim final rule. For information on the USDA requirements for competitive foods, see the CSDE's handout, [Summary of the USDA Nutrition Standards for Competitive Foods](#). In addition, all vending machines must comply with Section 10-215b-23 of state regulations, which requires that the income from any foods or beverages sold to students anywhere on school premises from 30 minutes before the start of any state or federally subsidized meal or milk program until 30 minutes after the end of the program must accrue to the nonprofit food service account. Any food and beverage sales held anywhere on school premises during this time period must comply with this regulation, including foods that comply with the USDA interim final rule and beverages that comply with C.G.S. Section 10-221q and the USDA interim final rule. For more information, see the CSDE's handout, [Competitive Foods in Schools](#).
- B. **School Stores:** If the school store sells food, the school must ensure that low-fat dairy products and fresh or dried fruit are available for purchase, either in the store or elsewhere in the school, while the school store is selling food.
- **School Stores in HFC Public Schools:** Districts choosing the healthy food option under C.G.S. Section 10-215f must ensure that all foods sold in school stores meet the Connecticut Nutrition Standards. Foods not meeting the Connecticut Nutrition Standards can **never** be sold to students from school stores under any circumstances (see Q-54). In addition, all school stores must comply with Section 10-215b-23 of state regulations, which requires that the income from any foods or beverages sold to students anywhere on school premises from 30 minutes before the start of any state or federally subsidized meal or milk program until 30 minutes after the end of the program must accrue to the nonprofit food service account (see Q-30). Any food and beverage sales held anywhere on school premises during this time period must comply with this regulation, including foods that comply with the Connecticut Nutrition Standards and beverages that comply with C.G.S. Section 10-221q and the USDA interim final rule.
  - **School Stores in Non-HFC Public Schools, Private Schools and RCCIs:** All foods sold in school stores in non-HFC public schools, private schools and RCCIs must meet the nutrition standards for competitive foods in the USDA interim final rule. For information on the USDA requirements for competitive foods, see the CSDE's handout, [Summary of the USDA Nutrition Standards for Competitive Foods](#). In addition, all school stores must comply with Section 10-215b-23 of state regulations, which requires that the income from any foods or beverages sold to students anywhere on school premises from 30 minutes before the start of any state or federally subsidized meal or milk program until 30 minutes after the end of the program must accrue to the nonprofit food service account. Any food and beverage sales held anywhere on school premises during this time period must comply with this regulation, including foods that comply with the USDA interim final rule and beverages that comply with C.G.S. Section 10-221q and the USDA interim final rule. For more information, see the CSDE's handout, [Competitive Foods in Schools](#).

- C. **Fundraisers:** If a cookie fundraiser is held during the school day, low-fat dairy products and fresh or dried fruit must be available for purchase while the fundraiser is being held.
- **Fundraisers in HFC Public Schools:** To be sold during the school day in districts choosing the healthy food option under C.G.S. Section 10-215f, the cookies must meet the Connecticut Nutrition Standards. Foods that do not meet the Connecticut Nutrition Standards can be sold to students only if the board of education votes to allow exemptions and the foods are sold at the location of events that occur after the school day or on the weekend, provided they are not sold from a vending machine or school store (see Q-33). In addition, all fundraisers must comply with Section 10-215b-23 of state regulations, which requires that the income from any foods or beverages sold to students anywhere on school premises from 30 minutes before the start of any state or federally subsidized meal or milk program until 30 minutes after the end of the program must accrue to the nonprofit food service account (see Q-30). Any food and beverage fundraisers held anywhere on school premises during this time period must comply with this regulation, including foods that comply with the Connecticut Nutrition Standards and beverages that comply with C.G.S. Section 10-221q and the USDA interim final rule.
  - **Fundraisers in Non-HFC Public Schools, Private Schools and RCCIs:** All foods sold as fundraisers during the school day in non-HFC public schools, private schools and RCCIs must meet the nutrition standards for competitive foods in the USDA interim final rule. Therefore, cookies sold as a fundraiser must meet the USDA nutrition standards. For information on the USDA requirements for competitive foods, see the CSDE's handout, [Summary of the USDA Nutrition Standards for Competitive Foods](#). In addition, all fundraisers must comply with Section 10-215b-23 of state regulations, which requires that the income from any foods or beverages sold to students anywhere on school premises from 30 minutes before the start of any state or federally subsidized meal or milk program until 30 minutes after the end of the program must accrue to the nonprofit food service account. Any food and beverage fundraisers held anywhere on school premises during this time period must comply with this regulation, including foods that comply with the USDA interim final rule and beverages that comply with C.G.S. Section 10-221q and the USDA interim final rule. For more information, see the CSDE's handout, [Competitive Foods in Schools](#).

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**SCHOOLS SELLING ONLY MEALS (NO A LA CARTE ITEMS)**

- 95. A school sells only the school meal (breakfast and lunch), which always includes fresh fruit choices as the required fruits component in the USDA meal pattern. There are no a la carte items sold in the cafeteria. Since the meal contains “food,” is the school required to start selling the a la carte items listed in C.G.S. Section 10-221p?**

No. If the school is solely offering a reimbursable school meal (breakfast or lunch) with no a la carte choices, then the school is **not** required to provide the additional a la carte items listed in C.G.S. Section 10-221p. (A reimbursable school meal meets the meal pattern requirements of the USDA National School Lunch Program or School Breakfast Program.) The statute requires that when food is offered for sale during the school day, then the alternative items listed in the statute must also be provided. The statute does not apply to the full reimbursable school meal, unless the school is providing additional a la carte items for sale during the school breakfast or lunch period. The intent behind the legislation is that students are given healthy choices when food is available for sale. If at any time food is offered for purchase during the school day by anyone (e.g., cafeteria, vending machine, student group and parent organization), the school would also be required to offer for sale the items listed in C.G.S. Section 10-221p.

- 96. The district satellites school meals to the elementary schools. No a la carte items are sold, just the school meal. No money is collected at the school where the meals are served. Tickets are prepaid at the beginning of the week. Are the schools required to sell a la carte items when they did not sell them before?**

The statute does not specify when the sale takes place. In other words, it makes no difference that the money is collected at the beginning of the week instead of when the food is actually provided to the students.

However, for the reasons stated in Q-95, schools are not required to add low-fat dairy products and fresh or dried fruit as a la carte items to the regular school breakfast or lunch as long as there are no other food or beverage items available to the students during the breakfast or lunch period.

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**PROVISION 2 SCHOOLS**

- 97. Schools operating under the Provision 2 criteria provide meals to all children at no cost. Since there is no food being sold, and the law specifies that low-fat foods must be available when other foods are sold, would Provision 2 schools be exempt from C.G.S. Section 10-221p?**

Yes. Provision 2 schools are *not* required to provide the a la carte items specified in the statute (low-fat dairy products and fresh or dried fruit) unless other foods are available for purchase during the meal periods.

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## REQUIRED FOODS

**98. Is there any latitude in C.G.S. Section 10-221p that would allow for canned fruit to be served instead of fresh or dried fruit?**

No. The statute specifically calls for fresh or dried fruit. Because canned fruit is neither fresh nor dried, schools should not substitute canned fruit for fresh or dried for the purposes of meeting the requirements of C.G.S. Section 10-221p. However, the statute specifies that the healthy alternatives shall include choices other than low-fat dairy products and fresh or dried fruit. Therefore, schools may offer canned fruit in addition to the products specified in the statute.

**99. The statute requires “low-fat dairy” as one of the required items that must be available for sale when foods are sold. Does low-fat milk count as low-fat dairy?**

No. The statute specifically addresses healthy food products. Low-fat milk is a beverage and cannot be included for the purposes of meeting the statutory requirements for low-fat dairy products. Low-fat dairy products are food items and may include low-fat cheese, low-fat yogurt or low-fat cottage cheese.

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## SCHOOL FUNDRAISERS

**100. Our PTO sells pizza as a lunch one day per week. Does C.G.S. Section 10-221p apply to this lunch?**

Yes. C.G.S. Section 10-221p specifies that when any food is available for purchase in public schools during the school day nutritious, low-fat foods shall also be made available. Therefore, when the PTO sells pizza, the nutritious low-fat foods specified in the statute must also be available for purchase. Section 10-215b-23 of the Regulations of Connecticut State Agencies does not allow any group such as the PTO, school stores or clubs to sell or distribute any foods or beverages anywhere on the school premises from 30 minutes before the start of and up until 30 minutes after the end of the program. Any income from the sale of such foods or beverages distributed anywhere on school premises during this time frame must accrue to the food service account (see Q-30).

**NOTE:** If the district implements the healthy food option under C.G.S. Section 10-215f, the pizza could **not** be sold to students unless it meets the Connecticut Nutrition Standards.

**101. At the high school, a fundraiser is conducted offering donuts to students and staff. The donuts must be ordered and paid for in advance, for delivery at some point in the future. How would C.G.S. Section 10-221p affect this fundraiser? Would it be at time of purchase, delivery or both?**

The nutritious low-fat foods specified in the statute must be available for purchase when the donuts are being handed out to students. The intent of the statute is that when food is made available to students, there are also healthy alternatives. Therefore, the healthy choices do not need to be made available at the time of purchase, just at the time of delivery.

In addition, Section 10-215b-23 of the Regulations of Connecticut State Agencies still applies. Section 10-215b-23 specifies that any income from the sale of any foods or beverages sold or distributed anywhere on school premises from 30 minutes before the start of any state or federally subsidized milk or meal program until 30 minutes after the end of the program must accrue to the food service account (see Q-30).

**NOTE:** If the district implements the healthy food option under C.G.S. Section 10-215f, the donuts could not be sold to students because they do not meet the Connecticut Nutrition Standards. Fundraisers of food items that do not meet the Connecticut Nutrition Standards are only permitted if the board voted to allow food exemptions and the food is sold at an event meeting the three exemption conditions (see Q-33).

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## 5 — Resources

This section summarizes the CSDE's Web pages and resources to assist schools with implementing the state beverage requirements (C.G.S. Section 10-221q), the Connecticut Nutrition Standards and healthy food certification (C.G.S. Section 10-215f).

### SCHOOL FOODS AND BEVERAGES WEB PAGE:

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322416>

Competitive Foods in Schools:

<http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/competitivefoods.pdf>

Federal and State Laws for Foods and Beverages in Connecticut Schools:

<http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/nutritionlaws.pdf>

Healthy Food Certification Overview:

[http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/hfc\\_overview.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/hfc_overview.pdf)

Questions and Answers on Connecticut Statutes for School Foods and Beverages:

[http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/hf\\_q&a.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/hf_q&a.pdf)

More information on state statutes and regulations for school foods and beverages

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### BEVERAGE REQUIREMENTS WEB PAGE:

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322418>

Allowable Beverages in Connecticut Schools:

[http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/allowable\\_beverages.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/allowable_beverages.pdf)

Requirements for Beverages Containing Water and Juice:

[http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/water\\_juice\\_beverages.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/water_juice_beverages.pdf)

Requirements for Beverages in Connecticut Public Schools (PowerPoint Presentation):

<http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/beverages.pdf>

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### CONNECTICUT NUTRITION STANDARDS WEB PAGE:

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322422>

Connecticut Nutrition Standards for Foods in Schools:

<http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/cns2014.pdf>

Summary of Connecticut Nutrition Standards:

<http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/summarycns2014.pdf>

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### COMPETITIVE FOODS WEB PAGE:

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333772>

Competitive Foods in Schools:

<http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/competitivefoods.pdf>

Connecticut Regulations for Competitive Foods:

[http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/ct\\_cfreg.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/ct_cfreg.pdf)

Requirements for Food and Beverage Fundraisers (Public Schools Not Implementing Healthy Food Certification, Private Schools and Residential Child Care Institutions):

[http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/fundraisers\\_nonhfc.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/fundraisers_nonhfc.pdf)

Requirements for Foods and Beverages in School Stores (Public Schools Not Implementing Healthy Food Certification, Private Schools and Residential Child Care Institutions):

[http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/stores\\_nonhfc.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/stores_nonhfc.pdf)

Requirements for Foods and Beverages in Vending Machines (Public Schools Not Implementing Healthy Food Certification, Private Schools and Residential Child Care Institutions):

[http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/vending\\_nonhfc.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/vending_nonhfc.pdf)

Requirements for Public Schools Not Implementing Healthy Food Certification:

[http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/req\\_nonhfc.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/req_nonhfc.pdf)

Summary of USDA Nutrition Standards for Competitive Foods:

[http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/usda\\_cfstandards.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/usda_cfstandards.pdf)

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## **REQUIREMENTS FOR HEALTHY FOOD CERTIFICATION WEB PAGE:**

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322426>

Ensuring District Compliance with Healthy Food Certification:

[http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/ensuringdistrictcompliance\\_hfc.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/ensuringdistrictcompliance_hfc.pdf)

Requirements for Food and Beverage Fundraisers:

<http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/fundraisers.pdf>

Requirements for Foods and Beverages in School Stores:

<http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/stores.pdf>

Requirements for Foods and Beverages in Vending Machines:

<http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/vending.pdf>

Requirements for Selling Foods and Beverages in Adult Education Programs:

[http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/letter\\_1031.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/letter_1031.pdf)

Sample Fundraiser Form:

[http://www.sde.ct.gov/sde/lib/sde/word\\_docs/deps/nutrition/hfc/samplefundraiserform.doc](http://www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/hfc/samplefundraiserform.doc)

Understanding Healthy Food Certification (PowerPoint Presentation):

[http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/understanding\\_hfc.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/understanding_hfc.pdf)

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## **LIST OF ACCEPTABLE FOODS AND BEVERAGES WEB PAGE:**

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322432>

List of Acceptable Foods and Beverages: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322432>

List of Vendors Selling Healthy Foods and Beverages:

<http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/fblist/vendorcontactinfo.pdf>

Submitting Food and Beverage Products for Approval:

<http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/fblist/submittingproducts.pdf>

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**EVALUATING FOODS FOR COMPLIANCE WEB PAGE:**

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322430>

Guidance on Evaluating School Recipes for Compliance with the Connecticut Nutrition Standards:

<http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/evaluatingrecipes.pdf>

Worksheet 1 Snacks and Desserts <http://www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/worksheet1.xls>

Worksheet 2 Yogurt and Pudding <http://www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/worksheet2.xls>

Worksheet 3 Smoothies

<http://www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/worksheet3.xls>

Worksheet 4 Fruits and Vegetables

<http://www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/worksheet4.xls>

Worksheet 5 Soups

<http://www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/worksheet5.xls>

Worksheet 6 Cooked Grains

<http://www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/worksheet6.xls>

Worksheet 7 Entrees

<http://www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/worksheet7.xls>

Worksheet 8 Nutrient Analysis of Recipes

<http://www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/worksheet8.xls>

Worksheet 9 Evaluating Recipes for Trans Fat

<http://www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/worksheet9.xls>

Worksheet 10 Evaluating Recipes for Sugars

<http://www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/worksheet10.xls>

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**APPLICATION FORMS FOR HEALTHY FOOD CERTIFICATION WEB PAGE:**

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322424>

Application Procedures for Healthy Food Certification (PowerPoint Presentation):

<http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/hfcapp/application.pdf>

Checklist for Healthy Food Certification:

[http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/hfcapp/checklist\\_hfcert.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/hfcapp/checklist_hfcert.pdf)

District Contact and Information Sheet:

<http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/hfcapp/districtcontact.pdf>

Healthy Food Certification Statement:

[http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/hfcapp/ed\\_099add.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/hfcapp/ed_099add.pdf)

Healthy Food Certification Statement Instructions:

[http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/hfcapp/instr\\_hfcert.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/hfcapp/instr_hfcert.pdf)

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**HEALTHY FOOD CERTIFICATION DOCUMENTATION WEB PAGE:**

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322428>

Checklist for Healthy Food Certification Documentation:

[http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfcdoc/hfc\\_documentation\\_checklist.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfcdoc/hfc_documentation_checklist.pdf)

Districts Required to Submit Food and Beverage Lists:

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322428>

Documenting Compliance with Healthy Food Certification (PowerPoint Presentation):

<http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfcdoc/documentation.pdf>

Ensuring District Compliance with Healthy Food Certification:

[http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfcdoc/ensuringdistrictcompliance\\_hfc.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfcdoc/ensuringdistrictcompliance_hfc.pdf)

Guidance for Documenting Compliance with Healthy Food Certification:

<http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfcdoc/guidancedoccompliance.pdf>

Healthy Food Certification Compliance Form:

<http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfcdoc/hfccompliance.pdf>

Responsibilities of District Contact Person for Healthy Food Certification:

<http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/districtcontactresp.pdf>

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## Glossary

**a la carte items:** Any food or beverage that students purchase in addition to or in place of the U.S. Department of Agriculture (USDA) reimbursable school breakfast or lunch. A la carte items include, but are not limited to, food and beverages sold in the cafeteria, kiosks, vending machines, school stores and snack bars located anywhere on school grounds.

**competitive foods:** Any foods and beverages sold to students anytime on school premises other than meals served through the USDA school meal programs. Competitive food sales include, but are not limited to, cafeteria a la carte sales, vending machines, school stores and fundraisers.

**Connecticut Nutrition Standards:** State nutrition standards developed by the Connecticut State Department of Education per [Section 10-215e](#) of the Connecticut General Statutes. These standards address the nutritional content of all foods sold to students separately from reimbursable meals. They focus on limiting fat, saturated fat, trans fat, sodium and added sugars, moderating portion sizes and increasing consumption of nutrient-rich foods such as fruits, vegetables, whole grains, low-fat dairy, lean meats and legumes. All schools in any district that chooses to comply with healthy food certification under [Section 10-215f](#) of the Connecticut General Statutes must follow the Connecticut Nutrition Standards for all sources of food sales to students, including school cafeterias, vending machines, school stores, fundraisers and any other sources. The Connecticut Nutrition Standards also apply to all snacks served in the Afterschool Snack Program. For more information, see the CSDE's [Connecticut Nutrition Standards](#) Web page.

**event:** An occurrence that involves more than just a regularly scheduled practice, meeting or extracurricular activity. For example, soccer games, school plays and interscholastic debates are events but soccer practices, play rehearsals and debate team meetings are not. Other examples of events include a school science fair, PTA/PTO bingo night or craft fair, school concert and school dance.

**healthy food certification:** A state statute ([Section 10-215f](#) of the Connecticut General Statutes) that requires each board of education or governing authority for all public schools participating in the NSLP to certify annually to the CSDE whether they will follow the Connecticut Nutrition Standards for all foods sold to students separately from reimbursable meals. Districts that choose to implement the Connecticut Nutrition Standards receive 10 cents per lunch, based on the total number of reimbursable lunches (paid, free and reduced) served in the district in the prior school year. For more information, see the CSDE's [Healthy Food Certification](#) Web page.

**National School Lunch Program (NSLP):** The USDA's federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. The NSLP provides nutritionally balanced, low-cost or free lunches to children each school day. For more information, see the CSDE's [National School Lunch Program](#) Web page.

**reimbursable school meal:** A meal that meets the requirements of the U.S. Department of Agriculture's National School Lunch Program or School Breakfast Program.

**regular school day:** The period from midnight before to 30 minutes after the end of the official school day.

**sales of foods and beverages:** The exchange of foods and beverages for a determined amount of money *or its equivalent*, including tokens, coupons, stickers or similar items.

**School Breakfast Program (SBP):** The USDA's federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. The SBP provides nutritionally balanced, low-cost or free breakfasts to children each school day. For more information, see the CSDE's [School Breakfast Program](#) Web page.

**school-made foods:** Foods that are prepared from scratch using a recipe (e.g., entrees, soup, baked goods, cooked grains, vegetables) or require some additional processing by adding other ingredients after purchasing (e.g., popping popcorn kernels with added oil, making cookies from a mix and adding butter and eggs, and assembling a sandwich). Before they can be sold to students, these foods require a nutrient analysis of the recipe to determine whether they meet the Connecticut Nutrition Standards. For more information, see the CSDE's [Evaluating Foods for Compliance](#) Web page.

**school wellness policy:** A federal requirement under the Child Nutrition and WIC Reauthorization Act of 2004 ([Public Law 108-265](#)) and the [Healthy, Hunger-Free Kids Act of 2010](#), which requires that public schools, private schools and RCCIs that participate in the USDA school nutrition programs (National School Lunch Program, School Breakfast Program, Afterschool Snack Program and Special Milk Program) establish a local wellness policy. Among other things, the policy must include nutrition guidelines for all foods available at school during the school day, with the objectives of promoting student health and reducing childhood obesity. For more information, see the CSDE's handout, [School Wellness Policy Requirements](#), the CSDE's [Action Guide for School Nutrition and Physical Activity Policies](#) and the CSDE's [School Wellness Policy](#) Web page.

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